

2019 PEMBERTON TOWNSHIP JUNIOR LIFEGUARD PROGRAM



Tuesday-Friday 8am-12noon at Mirror Lake Beach
___ **Session I: July 8th - 11th & July 15th - 18th**
___ **Session II: August 5th - 8th & August 12th - 15th**

****Mandatory Pre-Requisite Test - TBA****

FEE: \$30/resident; \$40/non-resident

AGE: 10 - 15 years old by the first day of the program

Minimum Registrants Required: 5 / Maximum Registrants: 10

PARTICIPANT INFORMATION

Child's Name: _____ Birth Date: _____ T-Shirt Size: _____
Gender (Please Circle): Male or Female Grade in September 2019: _____
Address: _____

Parent/Guardian: _____ Cell Phone: _____ Work Phone: _____
Home Phone: _____ Parent/Guardian Email: _____

Emergency Contact #1 (other than parent):

Name: _____ Relationship to child: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Emergency Contact #2 (other than parent):

Name: _____ Relationship to child: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Does the registered person have any special needs, allergies or medical concerns that should be brought to the attention of program staff?

Yes No

If you answered yes, please explain: _____

How would you rate your child's swimming experience (Please circle one): Beginner Intermediate Experienced

Please describe his/her swimming ability (brief description): _____

If there are any conditions that would limit your child from participating fully in strenuous activity connected with this program, please explain: _____

Activity Waiver

The child listed above has my permission to participate in all activities of the program for which they are registered for. In case of an emergency, I authorize the program's assigned personnel to administer basic first aid treatment, transport the participant to Lourdes Emergency Room located at Deborah Heart and Lung Center, and notify me as quickly as possible. I understand that proper supervision is provided for all programs. However, in the event of any emergency due to accidents beyond their control, I hereby release Pemberton Township Department of Recreation, its supervisors, employees and program volunteers, from all liability and I am willingly allowing my child to participate in all activities of the Junior Lifeguard Program. I have read, understand and kept the attached prerequisites, goals, rules and procedures.

Parent/Guardian Signature

Date

PREREQUISITES

A mandatory prerequisite test will take place at Mirror Lake Beach. All participants must be able to pass the following in order to participate in the Junior Lifeguard Program:

- 100-meter freestyle swim in 2 minutes, 30 seconds
- Tread water for 2 minutes
- Swim under water 10 yards
- Circuit of 10 push ups, 20 crunches and 100-yard run

JUNIOR LIFEGUARD GOALS

- To demonstrate and teach water safety, life-saving techniques, swimming techniques for rescue, kayak & canoe skills and safety (tentative), equipment inventory, maintenance & inspection
- To participate in physical conditioning, group and team-building activities
- To review additional requirements of being a lifeguard including, site maintenance, self safety (hydration, sunscreen, etc.), working as a team, customer service and patron safety

JUNIOR LIFEGUARD PARTICIPATION RULES

- Show interest in the program, every day!
- Do not go on dock without permission
- No running on the dock
- No diving
- No horseplay
- No swimming under dock
- Always listen to instructors and lifeguards
- Do not go into water without permission
- Do not swim with food or gum in your mouth
- Throw away of your trash and any other trash that you may encounter or see
- Take away everything that you brought with you

We have the following expectations of the Junior Lifeguards:

- Conduct selves in a professional and courteous manner
- Use kind language to other participants and be inclusive-minded
- Will immediately let the instructor and/or assisting instructor know if there is a problem
- Must arrive ready to learn and participate
- Will not leave the group at any time without consent
- Will not leave the beach area without a parent or guardian
- Must use the Buddy System during the program – especially when doing water activities

Parents:

- You must sign your child in and out of the program every day
- Smoking is not allowed on township property
- Any questions you may have please ask instructors before or after the program
- Keep any other children not participating in the program away from the Junior Lifeguard Program

PROCEDURES

When to arrive:

Participants should arrive at the beach, ready to go, no later than 8am

What to bring:

Always bring your swim suit, towel, goggles, water shoes, sunscreen, lip protection, notebook & writing utensil, drink and light snack. You may want to bring an extra set of clothes, hat and/or sunglasses for sun protection.

Disciplinary Actions:

If a Junior Lifeguard is disruptive during the program, he/she will be removed for a short period of time with a warning and the parent/guardian will be notified when picked up. If the behavior continues, they will sit out the rest of the class. The third infraction will result in a one day suspension from the program. If unacceptable behavior continues, the Junior Lifeguard may be expelled from program.